



POINTS TO REMEMBER *about* **Sleep Regression**

What is Sleep Regression?

- Sleep regression occurs when a baby, who previously slept well, begins waking up more frequently at night or experiences shorter naps.
- It's a normal phase in a baby's development, often linked to growth, developmental milestones, or external changes.

Common Causes:

- **Growth Spurts:** Babies may become more hungry, which can disrupt sleep.
- **Teething:** Pain from teething can disturb sleep.
- **Developmental Milestones:** New skills (rolling over, crawling, talking) can make babies more restless.
- **Routine Changes:** Starting daycare or traveling to a new place can affect sleep patterns.
- **Illness or Health Issues:** Conditions like a cold, ear infection, reflux, or eczema can make babies uncomfortable and disrupt their sleep.

Signs of Sleep Regression:

- Shorter naps
- Crankiness or fussiness
- Difficulty settling down
- Frequent night wakings

Age-Related Sleep Regression:

- **4 Months:** Major milestone, becoming more aware of surroundings, developing sleep associations.
- **6 Months:** Physical developments (rolling, sitting) and social milestones (separation anxiety) can disrupt sleep.
- **8-10 Months:** Babies may practice crawling, talking, and experience more separation anxiety.
- **12 Months:** Physical skills like walking, along with night fears and changing nap schedules, can affect sleep.

When to Seek Medical Advice:

- Reduced appetite, fewer wet diapers, or lack of weight gain.
- Signs of illness, like a fever, earache, or rash.

Tips for Dealing with Sleep Regression:

1. **Consistency:** Establish and stick to a bedtime routine to help babies self-soothe.
2. **Ensure Enough Sleep:** Babies need 12-17 hours of sleep, including both daytime naps and nighttime rest.
3. **Self-Soothe:** Allow your baby to calm down on their own, using a gentle touch if needed.
4. **Avoid Overfeeding:** Try not to feed your baby every time they wake up.
5. **Calm Environment:** Keep the room dim and quiet, minimizing interaction.
6. **Practice Separation:** Play peek-a-boo and similar games to reduce separation anxiety.
7. **Self-Talk:** Remind yourself that this phase will pass.

Sleep regression can be tough, but it's temporary and often signals positive growth.